Lumbar Extender – User Guide – English Text

Before using, please read and follow these simple guidelines to maximise the benefits.

Caution. As with every fitness program, consult your physician before using, especially if you have pre-existing back or neck injuries or conditions. Certain conditions may indicate against using the Lumbar Extender such as; Spondylosis, Osteoporosis, Severe Arthritis, Spondylolisthesis, Spinal Lesions/Tumours, and Acute Fractures.

Caution. Should you experience any irregular physical condition, such as questionable muscle or joint pain, STOP stretching and consult your physician.

1. Base.
Level 1. Starting position – provides least amount of stretch for beginners.
Level 2. Provides greater stretch for advanced users.
Level 3. Provides maximum stretch.
2. Cradle. Support Arch designed for spinal comfort.

Note. Levels 2 and 3 should only be used after you are completely comfortable with Level 1. For many individuals it is not necessary to advance beyond Level 1.

3 – 4. Assembly Instructions.
Lay the base on a secure mat or carpet, with the wide end closest to you. Secure the wide end against your knees. Slide the wide end of the cradle into the single slot on the wide end of the base.
Position your hands as shown in picture 4. The thumbs go inside the cradle and the fingers rest on top.
Press down with your fingers and slide the narrow end of the cradle into the Level 1 position on the Base.

5. Travelling.
Simply disassemble the Cradle from the Base using the above technique and pack the two pieces flat into a travel bag or briefcase.

6. Remember. Begin your exercise program with the Cradle in Level 1 position.

7. Get Ready.
Sit with your back to the Lumbar Extender with the wide end positioned close to the base of your spine. Slowly lie back onto the Support Arch with your knees bent so that you are supported in the lumbar region of your back. Try to centre your spine in the slot that is designed to provide extra comfort. You may want to place a pillow under your head for added comfort.

8. Simple Stretch.

Relax as much as possible and breath normally. With your knees bent, rest your arms at your sides. This position provides the least amount of stretch and is the easiest to do when starting out.

9. Moderate Stretch.
Raise your arms over your head and shoulders and rest them as close to the floor as you can. In time this will become easier, and you may be able to extend your arms fully and rest your elbows comfortably on the floor.

10. Maximum Stretch.
Extend your arms and legs fully. Remove the pillow from beneath your head. Feel your back, shoulders, chest and abdominal muscles stretching, and concentrate on relaxing as much as possible.

11. Finish.
Roll onto your side and off the Lumbar Extender. Sit up gradually and rest for 30 seconds before standing up. Remember you have just had a major stretch and you may feel dizzy if you try and get up too quickly.

12.Arm Stretch.
Experiment with different arm and hand positions to feel how different muscles in the shoulders and arms are being stretched gently and easily.

13. Thoracic Stretch.
Follow the instructions in 7 and 8 above, but slide the Lumbar Extender further up your back to support and stretch the thoracic region of your back. This stretch isolates and targets many postural muscles. It is recommended that you use a pillow when you begin doing this stretch.